



A place to discover
thehelix.co.uk

A circular cycle route connecting
The Helix, The Falkirk Wheel and
Callendar Park

A place to cycle



Helix Around Town Tour
HArTT Cycle Route

There's a new adventure to be had in Falkirk and Grangemouth and it's right on your doorstep.

HArTT Cycle Route

Created out of a staggering 500km of cycleway, this 16 mile circular route begins at The Helix and travels by cycleway, towpath and woodland trail past The Kelpies, The Falkirk Wheel and Callendar Park before returning to The Helix.

The 16 mile route also passes many lesser known but no less interesting places to stop and enjoy the wildlife and history or get active.

The best thing about the HArTT is that you can enjoy a full day out exploring with friends and family, dip in and out, use it to keep fit or to travel to work.

So, hop on your bike, find your local cycleway, join the HArTT and discover the area from an exciting new perspective.

More information about the cycleways across the Falkirk District and how they connect into the regional and national cycle routes can be found at: thehelix.co.uk/cycle-map



- The Lagoon
- Falkirk Stadium
- Footpaths
- Plaza Cafe
- Roads
- Car Parking
- Wetlands
- Splash play area
- Adventure Zone
- Kelpies Hub
- The Great Lawn
- Falkirk Cafe

1 Falkirk Community Stadium Parking Available

Opened in 2003, Falkirk Community Stadium is a great place to begin your journey. Best known, of course, as home to Falkirk Football Club, the stadium is also well used by local businesses, community and sporting groups and now stands at one of the main entrances to the Helix.

2 The Helix

Helix Park is the newest and one of the most innovative parks in Scotland. Use the 27km of new pathway to explore all four zones that make up The Helix, or just explore Helix Park and it's mixed biodiversity, from the woodlands to the wetlands and the wildflower meadows to the native bulbs, hedges and trees. Helix Park opened in September 2013 and features an amazing splash jet area, the new timber adventure play zone, a 200 metre diameter lagoon, a Great Lawn for events and a lagoon side cafe. Explore the varied places and spaces throughout The Helix - The HArTT route will guide you through Helix South, Helix Park, past The Kelpies and into Helix North.

3 The Kelpies Hub

Opened to the public in April 2014 and standing 30 metres high, The Kelpies rear up dramatically from the ground. These steel equine statues are the largest in the world and stand guard over the new extension to the Forth & Clyde canal. Already creating a stir worldwide, these stunning statues are set to be a new icon for Scotland.

4 The Wetland and River Carron

Stop here and see nature do what nature does best. This quiet wetland has grown quietly over recent years and is now home to an abundance of birds, beasties and aquatic wildlife.



One of two pedestrian access points into Grangemouth Town. The new canal at The Kelpies, with a new towpath connecting into Grangemouth's Old Town, provides an excellent new link past the Old Town/Glensburgh and onto the NCN 76.

18 Primrose Road Underpass

This hidden gorge is a real delight with its waterfalls, stream and wood of yew, sycamore, oak, holly and larch trees. Stop and spot dippers, grey wagtails, kingfishers or even tawny owls and buzzards.



17 Westquarter Glen

Helix Park and Lagoon



The Kelpies by Andy Scott



Recharge your battery at the tearoom – Callendar Park
and enjoy a **free tea or coffee** when you purchase any sandwiches, scones or cakes with our special HArTT offer.
Maximum of two drinks per map and no cash alternative.



16 Callendar House

Dating from the 14th century, the magnificent Callendar House is bursting with exhibits interpreting the rich history of the area, from the Antonine Wall onwards.



15 Callendar Park

5 Abbotshaugh Woods

A series of colourful community woodland artworks pop up in unexpected places: 'The Human Sun Clock', 'Celtic Circle', and 'Love & Kisses'. Created by Langlees and Bainsford residents and artist Jephson Robb as part of The Helix, Love & Kisses celebrates community connections, and symbolises the healing that has taken place in this community.



6 Dawson Mural

This vibrant community mural created by a local youth group and graffiti artist Scott Gilbert, transforms this underpass into outdoor artwork, and acts as a gateway to the woodlands.

7 Carron Works

The largest iron works in Europe in its heyday, Carron was also famed for the 'Carronade', a short smoothbore, cast iron cannon developed for the Royal Navy in the 1770s. A replica of the Carronade can be viewed in Callendar House.

8 Forth & Clyde Canal

9 Rosebank Distillery

Take a look at the still, mash and tun house and three bonded warehouses of the B Listed former Rosebank Distillery (c 1817). Though the distillery is no longer operational, Rosebank Whisky, a triple distilled single malt, now fetches over £200 a bottle and plans are in place to bring the distillery back to life.



14 Falkirk Tunnel

Provides a rail link to Glasgow and Edinburgh, and walking and cycling links to Falkirk Town Centre and the canal network.

13 Falkirk High Railway Station

This 3/2 mile long waterway travels over aqueducts (including Britain's second longest), through tunnels, past tranquil scenery and into the heart of Edinburgh.



12 Union Canal

10 The Falkirk Wheel



Standing as high as eight double decker buses stacked together and weighing a mind blowing 1,200 tonnes, this is the world's only rotating boatlift. Take a trip on the Wheel, splash about in the Water Play Area or grab something to eat.

11 Roughcastle Tunnel

This short tunnel was carefully excavated when the Wheel was built so as not to disturb the remains of the Roman Antonine Wall of 142AD under which it passes.



Enjoy a day out at **The Falkirk Wheel** with our special HArTT offer. Just present your map and receive a **5% discount** in the Cafe and Shop and **10% off** the full price of a standard boat trip on the Wheel. *Subject to availability. Exclusions apply.*

Let your imagination run riot in this 695 metre long, seemingly never-ending tunnel carved out of rock. Pass under stables and stables, tell spooky stories or learn why the 'Laughin Greenin Bridge' at the south-eastern end is so named.

The HARTT Cycle Route Key

Points of interest	The HARTT cycle route	Path under ground	Bridge over road/railway
Roads and pavements	Railway line	Parks and green spaces	Woodland
Rivers and Streams	Road crossing with Island	Controlled road crossing	Railway station



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